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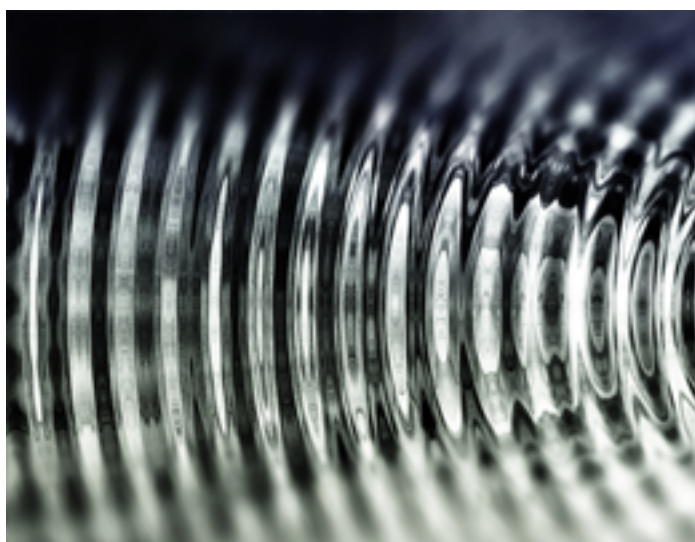
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Threshold Experiences—Transcending Ordinary Reality

Author Cindy Spring's account of her consciousness development and the Monroe Institute's part in helping her transcend ordinary reality is a familiar story. Yet, each of our experiences is different—wholly unique and deeply personal. What's your Threshold experience? ... I love the word Threshold. It can simply mean a doorway. Or it can mean a point of departure, or a transition.

[Read More](#)



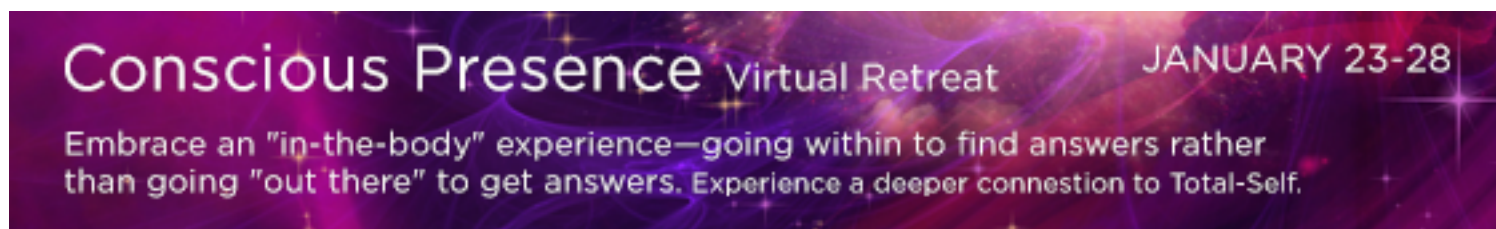
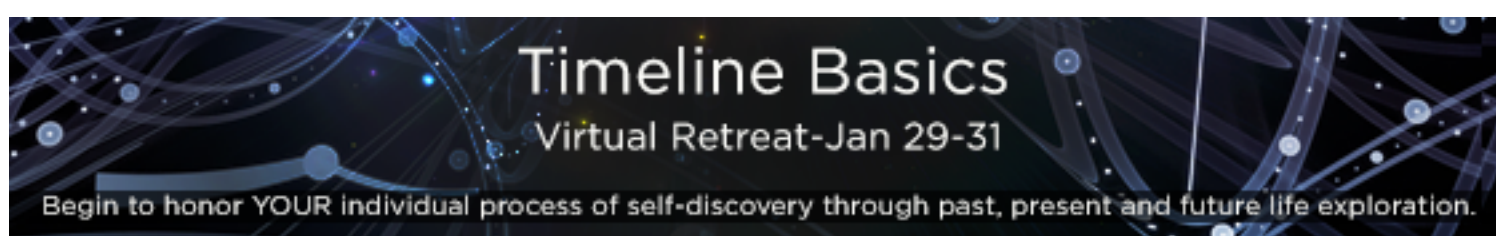
Unexpected Compassion

Paul Rademacher is a former executive director of the Monroe Institute. This article was published in the Summer/Fall 2007 issue "TMI Focus." It is as fresh and real now, perhaps even more so. Together, we have discovered new and innovative ways to explore giving, spread kindness, and express compassion. You have stepped up in a big way. The ripple effect is alive and well, and rolling across the planet!

Here's Paul's story.

We would love to hear yours.

[Read More](#)



How Do Intentions and Energy Affect Manifestation?

Mind over Matter. What does this expression mean? Focused thoughts or intentions combined with elevated energy have the ability to affect matter in the physical world. In other words, your focus and energy determine your reality. ... I have explored the state of awareness most conducive to affecting physical matter. I feel that I still have more to learn. There does indeed seem to be an ideal awareness "zone," which can be taught and improved with experience, confidence, and practice. [Learn More](#)



Peter, tells us about his life-changing experience in the Conscious Presence Retreat

After 13 years at a multinational company, Peter was showing signs of stress, fatigue and overdrive. After a week at Monroe he felt relaxed and happy again. "That's what I get out of this program a week to recharge. ... Only if I get the peace I am feeling right now out of it, then it's totally worth it."

Listen to Peter's journey!

[Watch Now](#)



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